

**REMARKS**

The Examiner has required Applicant to restrict this application to one of the following inventions:

Invention I - a muscle strengthening method set forth in claims 16-22; or,

Invention II - a muscle strengthening apparatus set forth in claims 23-30.

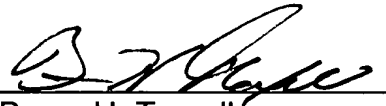
Applicant hereby elects Invention I, the muscle strengthening method set forth in claims 16-22. Applicant reserves the right to submit any Divisional patent applications directed toward the non-selected invention.

An early action on the merits of this application is respectfully requested. Should any points remain in issue, which the Examiner feels could best be resolved by either a personal or a telephone interview, it is urged that Applicant's local attorney be contacted at the exchange listed below.

Respectfully submitted,

Date: October 29, 2003

By:

  
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